

VETERANS,
A YEAR OF HEALTHY LIVING

Wellness

2009



BROUGHT TO YOU BY YOUR VA HEALTHCARE NETWORK UPSTATE NEW YORK



november 2008

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

december 2008

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Here’s to a healthy, happy New Year!

Modern medicine has shown good nutrition and regular exercise are key ingredients to living a healthy and happy life. Every time you visit your primary care provider you may receive information on how to eat better and be more physically active as part of your medical treatment plan.

In this encore of the *Veterans’ Wellness* calendar, we continue last year’s theme, which was to encourage you to live a healthier lifestyle and complement what our health care providers encourage you to do to improve your quality of life. Each month, we give you ideas on how to get out and enjoy the parks, mountains and lakes in beautiful upstate New York. Visit some of New York state’s outstanding attractions. You’ll find it easy and fun to get your exercise and improve your overall well-being.

We hope you enjoy the photos throughout the calendar and the seasonal and nutritional recipes that we’ve included in the back. This year, we’ve tried to make the calendar even more useful by adding stickers you can use to remember important dates, such as anniversaries, birthdays and doctor and dental appointments.

Use your calendar with our compliments and be sure to take full advantage of the beautiful area of the country where you live.

Wishing you a year of good health,

Stephen L. Lemons

Stephen L. Lemons, Ed.D., FACHE
Network Director



Stephen L. Lemons
Network Director

VA Healthcare Network Upstate New York (VISN 2) wins the 2008 Kizer Award

VA Healthcare Network Upstate New York, which includes medical centers in Albany, Batavia, Bath, Buffalo, Canandaigua and Syracuse and 29 community-based out-patient clinics, is the recipient of the 2008 Kenneth Kizer Quality Award—the most prestigious award for medical care bestowed by the Veterans Health Administration.

This award recognizes VA Healthcare Network for our outstanding patient care and our employees' commitment to providing the highest quality care for our veterans. This achievement comes with a monetary award of \$500,000 to improve patient care.

VA Healthcare Network also won this award in 1999, 2001 and 2003!

“The awareness that health is dependent upon habits that we control makes us the first generation in history that to a large extent determines its own destiny.”
—Jimmy Carter, 39th U.S. president

ROUTINE HEALTH CARE MONITORING

WHAT IT IS	WHY YOU NEED IT	VA RECOMMENDATIONS	MY VITAL STATISTICS
Blood pressure reading	High blood pressure is called the silent killer because it has no symptoms.	Every year after age 18 and at every primary care visit	___/___ mm Hg
Cholesterol profile	Low HDL (good) cholesterol and high triglycerides and LDL (bad) and total cholesterol can increase heart disease risk.	Every 3 years if results are acceptable	___ mg/dL (total) ___ mg/dL (HDL) ___ mg/dL (LDL) ___ mg/dL (triglycerides)
Influenza immunization	To prevent complications from the flu	Every year for ages 50 and older; sooner if a chronic medical condition such as diabetes, asthma or heart disease is present	I got my flu shot: ___/___/___
Pneumonia vaccine	To prevent serious respiratory illness	Once at age 65; sooner for certain medical conditions	I got my pneumonia vaccine: ___/___/___
Prostate cancer education and screening	For early detection of cancer	Prostate cancer education every year; prostate cancer screening for men over age 50, if appropriate, until age 75	I received information on prostate cancer: ___/___/___ I got my prostate cancer screening: ___/___/___
Breast and cervical cancer screenings	For early detection of precancerous tissue growth and cancer	Follow American Cancer Society guidelines: optional monthly breast self-exam starting at age 20 and mammogram and clinical breast exam every year starting at age 40; cervical cancer screening every year for women over age 21, or earlier if sexually active	I got my mammogram: ___/___/___ I got my Pap test: ___/___/___
Colorectal cancer screening	For early detection of precancerous tissue growth and cancer	Begin screening at age 50 until age 80; may need earlier screening if positive family history	I got my colorectal cancer screening: ___/___/___
Hepatitis C risk screening	Exposure to the hepatitis C virus can harm your liver.	For all veterans, especially those exposed to the virus via sexual contact, tattoos or piercing, blood transfusions before 1992 and the sharing of personal items	I got my hepatitis C screening: ___/___/___
Tobacco, alcohol and depression screenings	Smoking may lead to serious illness; alcohol abuse and depression can spiral out of control.	Every year; your VA primary care staff will identify and treat any psychological issues and help with controlling substance abuse problems and quitting smoking	I quit smoking: ___/___/___
Routine eye examinations	To check for glaucoma, cataracts and other eye diseases	Every 2 years for ages 40 and older	I got my eye examination: ___/___/___



JANUARY 2009

Keep it simple

Less money. Sparser furnishings. Limited obligations. Revolutionary goals? In these money-driven, computer-controlled, high-pressure times, you bet! But if you want peace of mind and greater fulfillment, they may well be worth striving for. To start the year off by focusing on your health and well-being, consider these tips:

PARE DOWN YOUR SCHEDULE. Or at least, plan on one to two totally unscheduled days a week. Stay home and look through photo albums. Relax with some music. Or just do nothing at all.

BUY YOURSELF A PLANT. Watching a plant grow will instill patience and remind you of nature’s power.

ACKNOWLEDGE THAT YOU’RE NOT INDISPENSABLE. Even the most important leaders can be replaced. So don’t postpone a vacation because you’re afraid things won’t get done without you.

BE GRATEFUL. Instead of struggling toward status and control, reflect on that which brings you real happiness. Be thankful for what you have—including friends and loved ones.

CLEAN OUT CLUTTER. Donate clothes you no longer wear. Sell dust-collecting knickknacks at a garage sale. Consider giving books to your library. Paring down your physical surroundings can rid you of distractions and let you direct your attention toward more important things ... like your health!

“Our life is frittered away by detail. Simplify, simplify.”

—Henry David Thoreau, U.S. author

JANUARY 2009

You’re off to a fresh start. While you’re simplifying your life, make a New Year’s resolution to get out and exercise. You’ll feel great and look great! Go snowshoeing at Moreau Lake State Park in Gansevoort, N.Y.

Goal weight for 2009: _____

Where did you visit in New York state? _____

How often did you exercise each week this month? _____

What are your plans for February? _____

Don't be a no-show!
If you're unable to make your appointment, please call to cancel so your appointment time can be used by another veteran in need.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>december 2008</div> <div>12</div> <div>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</div>	<div>february 2009</div> <div>12</div> <div>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28</div>			1	2	3
				New Year's Day		
4	5	6	7	8	9	10
	Have a hot cup of tea by the fire.					Go for a brisk walk in the snow.
11	12	13	14	15	16	17
						
18	19	20	21	22	23	24
	Martin Luther King Jr. Day	Inauguration Day				Is the pond frozen? Go ice skating.
25	26	27	28	29	30	31
						What special memory did you make?



FEBRUARY 2009

Welcoming home our OEF/OIF veterans

Upstate New York VA Healthcare Network is committed to supporting returning troops from Operations Enduring Freedom and Iraqi Freedom (OEF/OIF) and to making sure they have the health care and benefits they need. VISN 2 has seen more than 10,400 OEF/OIF veterans since 2002, resulting in more than 38,000 visits to our facilities. In addition, we’re managing the care of 93 severely injured combat veterans and providing ongoing case management to hundreds of other combat veterans.

Our OEF/OIF programs are active with outreach activities, including pre- and post-deployment. Our teams are providing enrollment and benefits information to service members on-site at these outreach events. At Fort Drum, VA representatives are at weekly Transition Assistance Briefings and enrolling veterans in VA. We even participated in outreach at the New York State Fair.

Transitioning from combat to home

Veterans are encouraged to complete and send in the application for care (1010EZ), which is available online at www.visn2.va.gov. The application is then forwarded to the VA facility that’s closest to the returnee’s home. Our VA medical centers hold Welcome Home events and host quarterly focus groups where veterans can discuss VA services and their experience with our care. It gives them a chance to offer ideas for future improvements and helps VA stay in touch with their needs.

“People grow through experience if they meet life honestly and courageously. This is how character is built.”

—Eleanor Roosevelt, “My Day,” U.S. diplomat and reformer

FEBRUARY 2009

Reach out and join us in welcoming our returning veterans home. Tell them how proud you are of them and “Thank you for a job well done.”

Goal weight for 2009: _____

Where did you visit in New York state? _____

How often did you exercise each week this month? _____

What are your plans for March? _____

Combat eligibility has changed from two years to five years from the date of discharge to receive free health care for any combat-related condition. For more information, call the Upstate New York VA Healthcare Network Veterans Service Contact Center at 1-888-823-9656.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Groundhog Day					
8	9	10	11	12	13	14
	Read a good book.		Have you mailed your Valentine's Day card?	Lincoln's Birthday		 Valentine's Day National Donor Day
15	16	17	18	19	20	21
	President's Day		Go for a mall walk and browse in the windows.			
22	23	24	25	26	27	28
Washington's Birthday		Mardi Gras	Ash Wednesday			What special memory did you make?
					<div>january 2009<div>1 2 34 5 6 7 8 9 1011 12 13 14 15 16 1718 19 20 21 22 23 2425 26 27 28 29 30 31</div></div>	<div>march 2009<div>1 2 3 4 5 6 78 9 10 11 12 13 1415 16 17 18 19 20 2122 23 24 25 26 27 2829 30 31</div></div>

Get movin'!

Keeping a balance between what you eat and drink and how much you exercise is the best way to manage your weight. You'll sleep better, feel happier and, if you're an older veteran, be less prone to falls.

The MOVE! program is tailored to meet each veteran's individual needs. The first step is filling out the MOVE!23 questionnaire about your medical history, what you eat, how active you are and the things that may stand in the way of you controlling your weight. This will help you and your VA health care team set your weight-management goals and prepare an activity plan. Your team will track your progress and work with you so you'll continue to meet your goals.

**“Walking is the best possible exercise.
Habituate yourself to walk very far.”**

MARCH 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5		7
8	9	10	11	12	13	14
Daylight saving time begins	Bundle up and go for a long walk.					
15		17	18	19	20	21
		St. Patrick's Day			First day of spring	
22	23	24	25		27	28
	Have you lost any weight yet? Keep exercising.					Visit one of New York's many museums.
29	30	31			<div>february 2009</div> <div> <div>1234567</div> <div>891011121314</div> <div>15161718192021</div> <div>22232425262728</div> </div>	<div>april 2009</div> <div> <div>1234</div> <div>567891011</div> <div>12131415161718</div> <div>19202122232425</div> <div>2627282930</div> </div>
		What special memory did you make?				



APRIL 2009

Reach out for help!

If you’ve been “down in the dumps” and just can’t shake it, it could be depression. More than 20 million people in the United States suffer from depression, a common but serious illness. Left untreated, it can interfere with daily life and normal activities.

Be on the lookout for the following symptoms:

- ongoing sad, empty feelings
- feelings of hopelessness
- feelings of guilt or worthlessness
- loss of interest in activities that were once enjoyable
- feeling tired all the time
- difficulty concentrating
- difficulty sleeping
- overeating or loss of appetite
- ongoing aches and pains
- thoughts of suicide

If you’ve had any of these symptoms for more han two weeks, talk with your VA health care provider. The sooner you get treatment, the ooner you’ll start to enjoy life again.

Statistics show that suicides increase in the pring. If problems get to be too much, even the trongest people may find themselves in a crisis ituation. If this should happen to you or someone you care about, reach out for help. Call VA’s oll-free National Suicide/Crisis Hotline at 1-800-273-TALK (8255). It is staffed around the clock, 365 days a year by trained professionals who know how to quickly get you the help you need.

“There are no secrets to success. It is the result of preparation, hard work and learning from failure.”

—Colin Powell, U.S. general

APRIL 2009

Veterans are at risk for depression. Specific risks include:

- frequent or long deployments or deployments to hostile areas
- exposure to extreme stress
- physical/sexual assault while active
- service-related injuries

Give your spirits a boost by enjoying spring at Beaver Island State Park in Grand Island, N.Y.

Goal weight for 2009: _____

Where did you visit in New York state? _____

How often did you exercise each week this month? _____

What are your plans for May? _____

Share your combat experiences through the Library of Congress' Veterans History Project. Visit www.loc.gov/vets or call 1-888-371-5848.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div> <div>march 2009</div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div> </div> </div> </div>	<div> <div> <div>may 2009</div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div> </div> </div> </div>		<div> <div>1</div> <div>April Fool's Day</div> </div>	<div> <div>2</div> </div>	<div> <div>3</div> <div>Can you smell spring in the air?</div> </div>	<div> <div>4</div>  </div>
<div> <div>5</div> <div>Palm Sunday</div> </div>	<div> <div>6</div>  </div>	<div> <div>7</div> </div>	<div> <div>8</div> <div>Passover begins at sundown</div> </div>	<div> <div>9</div> </div>	<div> <div>10</div> <div>Good Friday</div> </div>	<div> <div>11</div> </div>
<div> <div>12</div> <div>Easter Sunday</div> </div>	<div> <div>13</div> </div>	<div> <div>14</div> <div>You mailed your tax return! Do something just for you today.</div> </div>	<div> <div>15</div> <div>Tax Day</div> </div>	<div> <div>16</div> </div>	<div> <div>17</div> </div>	<div> <div>18</div> <div>Do some spring gardening today.</div> </div>
<div> <div>19</div> <div>Orthodox Easter</div> </div>	<div> <div>20</div> </div>	<div> <div>21</div>  </div>	<div> <div>22</div> <div>Earth Day</div> </div>	<div> <div>23</div> </div>	<div> <div>24</div> <div>Arbor Day</div> </div>	<div> <div>25</div> <div>Take the dog for a long walk!</div> </div>
<div> <div>26</div> </div>	<div> <div>27</div> </div>	<div> <div>28</div> </div>	<div> <div>29</div> </div>	<div> <div>30</div> <div>What special memory did you make?</div> </div>		



MAY 2009

Take a hike!

If you truly want to take your workouts to new heights, try hiking. Hiking doesn’t necessarily mean backpacking up a mountain while braving harsh weather conditions. Many wooded regions have marked walking trails that cater to every skill level.

Where to go

Your local, state or city parks and recreation department can provide you with information about the intensity and environmental dangers (ticks, poison oak and so on) of nearby trails. Some areas require a hiking pass, so call before you head out.

For the first couple of outings, pick a close, short hike. This will get you used to walking on something other than pavement. If you try a variety of trails, you’ll notice that some are flat while others can have pretty intense inclines. Remember to start slow and work up to more difficult trails.

What you’ll need

If you’re not sure of the weather, dress in layers. That way you can peel a layer off if you get too warm. Hilly terrain may require hiking boots. Make sure yours have plenty of toe room and good traction. Use a small backpack to bring plenty of water, trail mix, energy bars, oranges and a rain poncho. Other useful carry-along items include a trail map, a compass, sunscreen and a small first-aid kit.

Hiking is a great way to turn your exercise time into family fun. Many trails are kid- and dog-friendly.

“If your dog is fat, you’re not getting enough exercise.”

—Author unknown

MAY 2009

When hiking, be sure to take breaks to enjoy New York state’s beautiful scenery! Visit Chimney Bluffs State Park in Wolcott, N.Y. You may want to pack a picnic lunch to enjoy at a favorite overlook.

Goal weight for 2009: _____

Where did you visit in New York state? _____

How often did you exercise each week this month? _____

What are your plans for June? _____

For more information about hiking trails near you, visit www.iloveny.com/Outdoors.aspx or call 1-800-CALL-NYS (225-5697).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>april 2009</div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30</div>	<div>june 2009</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30</div>				1	2
3	4	5	6	7	8	9
		Cinco de Mayo		Try carrying weights on your daily walk.		Batter up! How about a game of baseball?
10	11	12	13	14	15	16
Mother’s Day					Plan a hike on one of New York state’s trails.	Armed Forces Day
17	18	19	20	21	22	23
		Today, pick a walking route with hills.				
24	25	26	27	28	29	30
	Memorial Day				Relax. Go fishing!	What special memory did you make?



NYS DED|Darren McGee

JUNE 2009

Don't forget to protect your skin

Can't wait to enjoy the water this summer? Well, keep your shirt on—and your hat, sunglasses and sunscreen—because ultraviolet rays are responsible for more than 90 percent of all skin cancers.

Skin cancer is one of the most preventable cancers. To reduce your risk, follow these tips:

- Cover up with a wide-brimmed hat, long-sleeved shirt, long pants and sunglasses.
- Apply a water-resistant sunscreen with a sun-protection factor (SPF) of 15 or higher and apply it to all exposed areas of your body 15 to 30 minutes before going into the sun.
- Reduce exposure to the sun especially between 10 a.m. and 3 p.m., when the sun's rays are strongest.
- Reapply sunscreen at least every two hours as well as after swimming or perspiring.
- Don't use a tanning lamp or frequent a tanning salon.
- Check with your pharmacist or primary care provider to find out whether any medications you're taking could increase your sensitivity to the sun.
- Give yourself a head-to-toe skin examination at least once every six months. If you notice any changes, see your doctor.
- Have a professional skin examination once a year.

Make a commitment to play it safe in the sun and in the water ... all year long.

“Don't judge each day by the harvest you reap, but by the seeds you plant.”

—Robert Louis Stevenson, Scottish author

JUNE 2009

If you do get sunburned, these tips will help ease the discomfort.

- Drink water to replace body fluids.
- Take acetaminophen if you have a headache, slight fever or chills.
- Take a bath in tepid water to soothe and cool the skin.
- Apply moisturizer to the skin.
- Stay out of the sun until the burn fades.

Visit Jacques Cartier State Park in Morristown, N.Y., and enjoy a day at the beach.

Goal weight for 2009: _____

Where did you visit in New York state? _____

How often did you exercise each week this month? _____

What are your plans for July?

Have you made an appointment for your annual skin exam? Use one of the stickers to mark the date.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																								
	1	2	3	4	5	6																																								
			Plan a picnic this week.																																											
7	8	9	10	11	12	13																																								
				Grill out tonight!																																										
14	15	16	17	18	19	20																																								
Army Day Flag Day																																														
21	22	23	24	25	26	27																																								
Father's Day First day of summer		Play a game of catch with your dog.				Go dancing under the stars. Great exercise!																																								
28	29	30			may 2009																																									
		<table><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							
						1	2																																							
3	4	5	6	7	8	9																																								
10	11	12	13	14	15	16																																								
17	18	19	20	21	22	23																																								
24	25	26	27	28	29	30																																								
31																																														
		What special memory did you make?	july 2009																																											
			<table><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td></td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td></td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td></td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr></table>						1	2	3	4	5	6	7	8	9	10	11		12	13	14	15	16	17	18		19	20	21	22	23	24	25		26	27	28	29	30	31				
				1	2	3	4																																							
5	6	7	8	9	10	11																																								
12	13	14	15	16	17	18																																								
19	20	21	22	23	24	25																																								
26	27	28	29	30	31																																									



JULY 2009

Coming to terms with trauma

Veterans have suffered from post-traumatic stress disorder (PTSD) throughout history. PTSD symptoms may include:

- flashbacks
- depression
- sleep disorders
- feelings of isolation or anger
- feeling numb
- being preoccupied with the war experience

Symptoms may appear shortly after a veteran’s traumatic experience or many years later. Life stressors such as the birth of a child or a loved one’s death can trigger symptoms. So can direct reminders of the military experience. It might be Fourth of July firecrackers, the sound of helicopters or a smell that’s associated with the war experience.

Unfortunately, many veterans don’t seek treatment, which can help them and their families develop coping techniques to manage the disorder. Although PTSD may be a chronic condition and symptoms may periodically return, treatment can help you understand and deal more effectively with the trauma. Group therapy also reminds veterans that they aren’t alone.

If you or someone you care about is having PTSD symptoms, call your local VA Medical Center and speak to a specially trained VA counselor. We are here to help you.

“I believe America’s best days are ahead of us because I believe that the future belongs to freedom, not to fear.”

—John Kerry, U.S. Senator

JULY 2009

Enjoy the Fourth of July and celebrate America with parades, picnics, barbecues and fireworks. But most of all, take a moment to remember all those who’ve served our country and sacrificed their lives for our freedom.

Visit Ganondagan State Historic Site in Victor, N.Y., and learn more about this 17th century Seneca town.

Goal weight for 2009: _____

Where did you visit in New York state? _____

How often did you exercise each week this month? _____

What are your plans for August? _____

For more information about post-traumatic stress disorder, visit VA's National Center for PTSD at www.ncptsd.va.gov/ncmain/information/ or call the PTSD Information Line at (802) 296-6300.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>june 2009</div> <div> <div>123456</div> <div>78910111213</div> <div>14151617181920</div> <div>21222324252627</div> <div>282930</div> </div> </div>	<div> <div>august 2009</div> <div> <div>1</div> <div>2345678</div> <div>9101112131415</div> <div>16171819202122</div> <div>23242526272829</div> <div>3031</div> </div> </div>		1	2	3	4
5	6	7	8	9	<div> <div> <div> <div>10</div> <div>  </div> </div> </div> </div>	11
12	<div> <div>13</div> <div>  </div> </div>	14	<div> <div>15</div> <div> <div>Try some fresh grilled vegetables.</div> </div> </div>	16	17	18
<div> <div>19</div> <div> <div>Take a trip to the beach for a day of swimming.</div> </div> </div>	20	21	22	23	24	25
26	<div> <div>27</div> <div> <div>Finish your meal with a fresh fruit salad.</div> </div> </div>	28	<div> <div>29</div> <div>  </div> </div>	30	31	
Parents' Day					<div> <div>What special memory did you make?</div> </div>	



AUGUST 2009

Take care of your smile!

Don't overlook dental hygiene in your quest for total wellness. These basic steps will protect your teeth and gums and keep you smiling for years to come:

- Brush at least twice a day with a fluoride toothpaste for two minutes. Choose a toothbrush with three or four rows of soft, rounded bristles. Replace your toothbrush about every three months.
- Floss at least once a day. Flossing helps remove plaque from between your teeth where your toothbrush can't reach. Don't forget the back side of your last tooth.
- For extra protection, use a fluoride mouth rinse after brushing to help prevent tooth decay.
- Chewing sugar-free gum after meals and snacks when brushing isn't possible helps to neutralize plaque acids that lead to decay.
- Seek prompt treatment for early signs of gum disease—redness, swelling or bleeding of the gums. Severe gum disease can lead to the loss of teeth and has been linked to heart disease and stroke and the increased risk of a woman having a preterm, low-birth-weight baby. It also poses a serious threat to a person who has diabetes, respiratory disease or osteoporosis.
- Don't smoke or chew tobacco. Tobacco not only stains your teeth but also increases your risk for gum disease.
- Eat a well-balanced diet and avoid sweets and starches. Limit snacks. Your teeth are attacked by acid for 20 minutes each time you eat a food containing sugar. Drink plenty of water.

“You don’t have to cook fancy or complicated masterpieces—just good food from fresh ingredients.”

—Julia Child, U.S. cook and cookbook author

AUGUST 2009

Now's the time to visit your local farmers' market, if you haven't already done so. Bring home bags of fresh fruits and vegetables and try a new healthy low-fat recipe. Enjoy a juicy piece of fruit or some raw vegetables for a vitamin-packed snack.

Plan a family trip to the State Park at the Fair in Syracuse.

Goal weight for 2009: _____

Where did you visit in New York state? _____

How often did you exercise each week this month? _____

What are your plans for September? _____

Have you made your yearly dental exam appointment? Call your dentist today and mark the date with a sticker!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>July 2009</div> <div>12345678910111213141516171819202122232425262728293031</div>	<div>September 2009</div> <div>123456789101112131415161718192021222324252627282930</div>					<div>1</div> <div>Air Force Day</div> <div></div>
<div>2</div> <div>Go canoeing at a local lake or river with a friend!</div>	<div>3</div>	<div>4</div> <div>Coast Guard Day</div>	<div>5</div>	<div>6</div> <div>Plan a family barbecue with fresh healthy foods.</div>	<div>7</div>	<div>8</div>
<div>9</div>	<div>10</div> <div></div>	<div>11</div>	<div>12</div>	<div>13</div>	<div>14</div> <div>Take a day trip to a New York state historical site.</div>	<div>15</div>
<div>16</div>	<div>17</div>	<div>18</div>	<div>19</div> <div></div>	<div>20</div>	<div>21</div> <div>Ramadan begins</div>	<div>22</div>
<div>23</div> <div></div>	<div>24</div> <div></div>	<div>25</div>	<div>26</div>	<div>27</div>	<div>28</div> <div>Play volleyball or Frisbee at the beach.</div>	<div>29</div> <div>What special memory did you make?</div>
<div>30</div>	<div>31</div>					



NYS DED|Darren McGee

SEPTEMBER 2009

Pain got you down?

Are you aware that VA Healthcare Network Upstate New York provides acupuncture and chiropractic care in addition to traditional medical care at some facilities? Buffalo and Canandaigua offer both programs, Syracuse offers acupuncture and Bath offers chiropractic care.

Acupuncture uses specially placed thin needles to release the body’s own painkillers and enhance its natural ability to heal. While acupuncture has been used for a wide range of medical and psychological problems, it is especially effective by itself or as part of a program to treat back, neck, facial, muscular and shoulder pain, as well as sciatica, some types of arthritis and headaches.

Chiropractic care’s primary treatment is manipulation, a short quick thrust applied to a joint. The result is improved joint and nerve function, reduced pain and a speedier recovery. It’s commonly used for back pain and can be used to treat neck pain, pain from an accident or injury, muscle spasms, headaches, sciatica and pinched nerves.

Chiropractic care plays a role in caring for all our veterans, including our Operation Enduring Freedom and Operation Iraqi Freedom veterans who have injuries resulting from explosive devices and motor-vehicle accidents, as well as back pain commonly associated with carrying deployment gear.

If you’re interested in either therapy, speak with your VA primary health care provider.

“We need men who can dream of things that never were.”

—John F. Kennedy, 35th U.S. president

SEPTEMBER 2009

Summer is coming to an end. The days are warm and the evenings cool. Take the opportunity to enjoy this beautiful weather by doing some sightseeing in New York state. Enjoy a ferry ride on the Erie Canal or visit a historic site such as John Brown Farm State Historic Site in Lake Placid, N.Y.

Goal weight for 2009: _____

Where did you visit in New York state? _____

How often did you exercise each week this month? _____

What are your plans for October?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Walk at the mall while you're back-to-school shopping.

Patriot Day

Rosh Hashanah begins at sundown

Native American Day

august 2009

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

october 2009

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Time to plan your fall schedule. Include time to exercise.

Walk a mile in the brisk air.

First day of autumn

Yom Kippur begins at sundown

What special memory did you make?

Grandparents Day

Enjoy a ferry ride down the Erie Canal.

Labor Day

Walk a mile in the brisk air.

Walk at the mall while you're back-to-school shopping.

Patriot Day

Rosh Hashanah begins at sundown

Native American Day

august 2009

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

october 2009

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Time to plan your fall schedule. Include time to exercise.

Walk a mile in the brisk air.

First day of autumn

Yom Kippur begins at sundown

What special memory did you make?

Grandparents Day

Enjoy a ferry ride down the Erie Canal.

Labor Day

Walk a mile in the brisk air.

For more information about complementary therapies, visit your local library or check out My Health@Vet's Medical Library at www.myhealth.va.gov.



OCTOBER 2009

Get your brown-bag checkup!

It's often confusing keeping track of all your medications, especially if you're seeing several health care providers or have one or more chronic health problems. The best way to make sure that you're taking your medications properly is to request a "brown-bag" review with your VA pharmacist or health care provider. He or she will go over all the medications you're currently taking, how you're taking them and the reason you're taking them. Brown-bag reviews have been an integral part of pharmacy and health care since the 1980s. Health care institutions are now required to review a patient's medication list at every episode of care.

What you should bring with you

For your next appointment, place the following items in a brown bag or zipper-closure plastic bag:

- prescription medications you're currently taking in the original containers
- over-the-counter medications you're currently taking (such as aspirin, pain relievers, cold medications)
- vitamins or herbal supplements you're currently taking (such as multivitamins, ginkgo, ginseng)
- a list of questions you may have about your medications

Your pharmacist or health care provider will check to see that the medications match those listed on your medical record and that the dosages are correct. He or she will also check to make sure you're not taking any discontinued drugs or drugs that don't work well together.

"In the end, it's not the years in your life
that count. It's the life in your years."

—Abraham Lincoln, 16th U.S. president

OCTOBER 2009

The crisp fall air is the perfect time to go apple picking at one of New York's many orchards. Nothing smells as wonderful as a fresh-baked apple pie. Or take the family for a hayride at a local farm and pick the perfect pumpkin for your Halloween jack-o'-lantern.

Enjoy the crisp fall weather while biking at John Boyd Thacher State Park, Voorheesville, N.Y.

Goal weight for 2009: _____

Where did you visit in New York state? _____

How often did you exercise each week this month? _____

What are your plans for November? _____

Visit My HealthVet at www.myhealth.va.gov and keep your medications up to date by recording them in your medications health log.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>september 2009</div> <div>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</div>	<div>november 2009</div> <div>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</div>			1	2	3
4	<div>5</div> <div></div> <div>Go bike riding and enjoy the fall leaves.</div>	6	7	8	<div>9</div> <div></div> <div>Go apple picking!</div>	10
11	12 <div>Columbus Day</div>	13 <div>Navy Day</div>	14	15	16	17 <div>Did you know that raking leaves is good exercise?</div>
18	19	20	21	22 <div>Have a hot cup of cider by the fire.</div>	23	24 <div>United Nations Day</div>
25 <div>Mother-in-law's Day</div>	26	27 <div>Go for your walk and enjoy the Halloween decorations.</div>	28	29 <div>What special memory did you make?</div>	<div>30</div> <div></div>	31 <div>Halloween</div>



Word search grid containing letters for finding Thanksgiving-related phrases.

NOVEMBER 2009

Giving thanks for family and friends

Whether you’re planning a quiet Thanksgiving with a few close friends or a big family gathering, take a few moments away from the preparations and enjoy our puzzle. Hopefully, each word you circle will rouse a special memory of Thanksgivings past.

- Can you find these phrases in the grid at left?
- Roast turkey
- Pumpkin pie
- Cranberry sauce
- Pilgrims’ feast
- Native Americans
- Giving thanks
- Crisp fall weather
- Falling autumn leaves
- Football games
- Pots of chrysanthemums
- Spiced mulled cider
- Home-baked bread
- Multicolored gourds
- Cornucopia
- Fruits and vegetables
- Friends and family
- Indian corn
- Hot apple pie

Solutions on the page following December.

“Slow down and enjoy life. It’s not only the scenery you miss by going too fast—you also miss the sense of where you are going and why.”
—Eddie Cantor, U.S. comedian and singer

NOVEMBER 2009

There’s a chill in the air and the holiday season is on its way. Amid all the plans, get outside and go for a brisk walk and breathe in deep. It helps to clear the head and burns calories at the same time. Walk a trail at Rockefeller State Park Preserve, Tarrytown, N.Y.

Goal weight for 2009: _____

Where did you visit in New York state? _____

How often did you exercise each week this month? _____

What are your plans for December? _____

Need medical advice? Call TelCare at 1-888-838-7890. TelCare is a toll-free medical advice line for veterans and is staffed by qualified professionals, 24 hours a day, 7 days a week, including holidays.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight saving time ends	2	3 Election Day	4	5	6	7 Get your exercise by raking those late leaves.
8	9	10 Marine Corps Day	11 Veterans Day	12	13 Honor your fellow veterans this month. We thank you all!	14
15	16	17	18 	19 Great American Smokeout	20 What low-fat Thanksgiving dish are you preparing?	21
22	23	24	25	26	27	28
29	30 What special memory did you make?			Thanksgiving Day		You’ve gotten past the one-week no-smoking mark. Good for you!
						october 2009 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
						december 2009 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



DECEMBER 2009

Looking forward to 2010

As the year comes to a close, it's time to reflect on all you've experienced in 2009. Have you discovered a new hobby? Have you shed a few extra pounds while hiking, cycling, walking, swimming or just enjoying the great outdoors? Have you taken advantage of the beautiful parks, lakes, beaches and forests that New York state has to offer? Or perhaps you and your family have spent time browsing some of New York's many museums and historical sites—making memories together.

Winter wonderland

Now that winter is upon us, take time to appreciate the beauty of a snowflake, the multitude of stars twinkling in the sky on a frosty cold night and the warmth of a roaring fire. Take the family and go ice skating at a local frozen pond or strap on snowshoes and enjoy the peacefulness of a walk in a snow-covered forest.

Enjoy the holidays with family and friends, but be sure to take some time just for yourself. What are you looking forward to in 2010? What do you hope to accomplish? What will be your New Year's resolution? Perhaps it'll be to stop smoking, to continue exercising or to eat healthier. Whatever you decide, it's all up to you. Here's to fresh starts and a healthy happy year ahead.

“You must be the change you want to see in the world.”

—Mahatma Gandhi, Indian political and spiritual leader

DECEMBER 2009

We hope you've enjoyed the past year by taking advantage of New York state's beautiful countryside—picnicking in its parks, hiking in its forests, swimming in its lakes and buying produce at its farms. And while you've been having fun, possibly you've found new healthy ways to exercise that you'll continue in 2010.

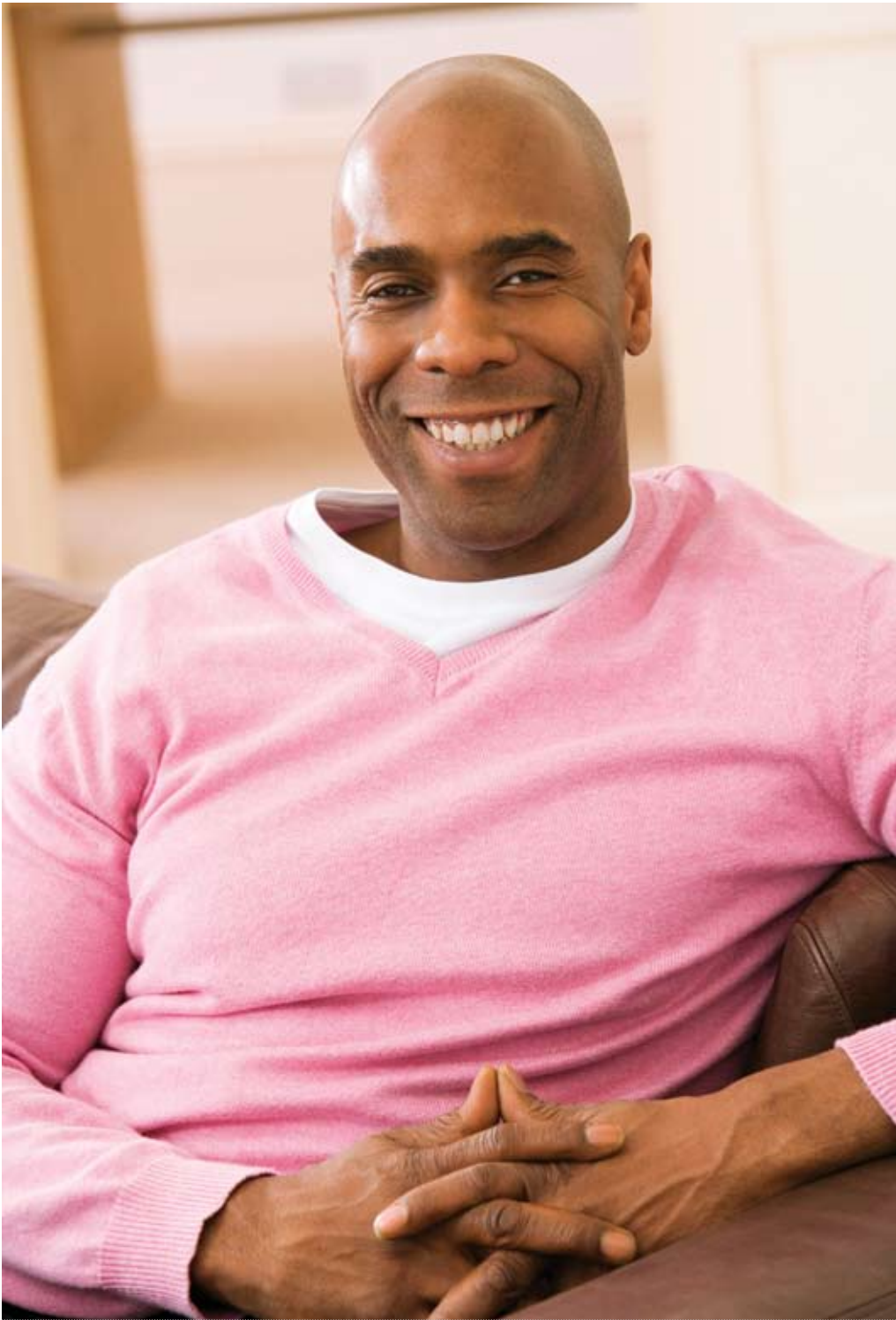
Did you reach your goal weight for 2009?

What outdoor activities have you enjoyed and plan to continue in 2010?

What places in New York state are you hoping to visit in 2010?

Plan ahead and make an appointment now for your 2010 physical with your VA primary care provider.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 AIDS Awareness Day	2 Enjoy your festive treats, but keep them to one or two a week.	3 	4	5
6	7 Pearl Harbor Remembrance Day	8 Drink hot chocolate at the fireside with friends.	9	10	11 Hanukkah begins at sundown	12
13	14 Visit a historic site that's decorated for the holidays.	15	16	17 Go caroling with family and friends.	18 	19
20	21 First day of winter	22 	23	24	25	26
27	28	29	30 What special memory have you made this year?	31 New Year's Eve	Christmas Day	Kwanzaa begins
				<div>november 2009</div> <div>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</div>		<div>january 2010</div> <div>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</div>



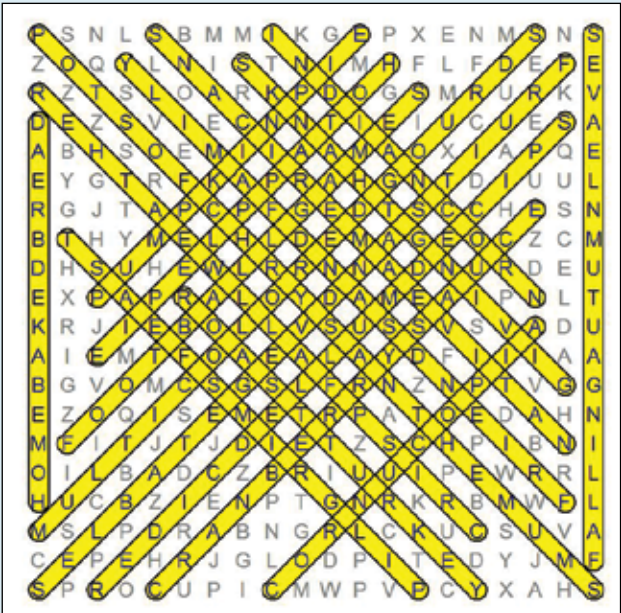
What are you worth?

Volunteering is another way to serve your country. Your well-earned vitality, commitment, expertise and patience are values that can foster the health of your fellow veterans and your community. It’s impossible to calculate the amount of caring and sharing that the Department of Veterans Affairs Voluntary Service (VAVS) volunteers provide to veteran patients. They are a priceless asset to the nation’s veterans and the Department of Veterans Affairs at large.

VAVS volunteers provide service in long-term rehabilitation facilities, community outreach centers, counseling centers, outpatient medical centers and more. Whatever your interest, there’s a place for you to serve as a health care volunteer and reap the rewards of well-being that only giving can provide.

Go to www.va.gov/volunteer to calculate what your volunteer hours are worth in monetary value. Complete a simple online registration to connect your interests with existing local volunteer programs. In a few days, you’ll be contacted by a local upstate New York VAVS representative. If you prefer, you can also go to your nearest VA medical center and sign up.

Puzzle answer key



Useful Web sites and hotlines to make your life easier
Each of these entries offers free, reliable and professional information.

VA ENROLLMENT INFORMATION
1-888-823-9656

RELIABLE HEALTH INFORMATION
www.myhealth.va.gov

MEDICAL CARE AND CLINIC APPOINTMENTS
Call your local primary care doctor or your local VA medical center

DEPARTMENT OF VETERANS AFFAIRS
www.va.gov

VA HEALTHCARE NETWORK UPSTATE NEW YORK
www.visn2.va.gov

VA FEDERAL BENEFITS FOR VETERANS AND DEPENDENTS
www1.va.gov/OPA/IS1/index.asp

HEALTHIERUS VETERANS
www.healthierusveterans.va.gov

VA MENTAL HEALTH
www.mentalhealth.va.gov

VA NATIONAL CENTER FOR HEALTH PROMOTION AND DISEASE PREVENTION
www.prevention.va.gov

VA NATIONAL CENTER FOR PATIENT SAFETY
www.patientsafety.gov

VA NATIONAL CENTER FOR POSTTRAUMATIC STRESS DISORDER
www.mentalhealth.va.gov/ptsd/alert.asp

VA NATIONAL HEPATITIS C PROGRAM
www.hepatitis.va.gov

VA NATIONAL HIV/AIDS PROGRAM
www.hiv.va.gov

VA NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

VA PUBLIC HEALTH INFLUENZA (FLU)
www.publichealth.va.gov/flu

VA SEAMLESS TRANSITION HOME PROGRAM
(for returning active duty, National Guard and Reserve service members of Operations Enduring Freedom and Iraqi Freedom)
www.oefoif.va.gov

AMERICAN CANCER SOCIETY
www.cancer.org or 1-800-ACS-2345

ANGEL FLIGHT NE
(provides free flights for military personnel and veterans and their families to access medical care)
www.angelflightne.org

DEFENSE FINANCE AND ACCOUNTING SERVICE
(information on military, civilian and retired pay)
www.dfas.mil

FISHER HOUSE FOUNDATION
(donates “comfort homes” on grounds of military and VA medical centers that enable family members to be close to a loved one during hospitalization)
www.fisherhouse.org

MILITARY.COM
(links to all things military and veteran oriented)
www.military.com

MOVE!
(Weight Management Program for Veterans)
www.move.va.gov



U.S. Army photo, Fort Drum, NY

MY HEALTH@VET
(a personal online health record and health library)
www.myhealth.va.gov

THE NATIONAL ARCHIVES: VETERANS AND THEIR FAMILIES
(to request copies of military discharges, service personnel records and service medical records)
www.archives.gov/veterans/evetrecs/index.html

TRICARE
(information on medical insurance for military retirees and their families)
www.tricare.mil

WEBMD
(excellent source of general medical information)
www.webmd.com

{ What's for dinner? }

Delicious—and healthy—recipes for you and your family to enjoy!

Mouth-watering oven-fried fish

Enjoy this low-fat dish for dinner.

1 lb. fish fillets
1½ tsp. lemon juice
⅓ cup fat-free milk or buttermilk
1 drop hot pepper sauce
½ tsp. minced garlic
⅓ tsp. white pepper, ground
⅓ tsp. salt
⅓ tsp. onion powder
¼ cup cornflakes, crumbled, or regular bread crumbs
1½ tsp. canola oil
½ fresh lemon, cut in wedges

Preheat oven to 475° F. Wipe fillets with lemon juice and pat dry. Combine milk, hot pepper sauce and garlic. Combine pepper, salt and onion powder with corn-flake crumbs and place on plate. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish. Arrange on lightly oiled shallow baking dish. Bake for 20 minutes on middle rack without turning. Cut in 2–3 pieces. Serve with fresh lemon.



Serves 3. *Per serving: 183 calories, 10 g carbohydrates, 30 g protein, 2 g fat, 80 mg cholesterol, 1 g fiber, 325 mg sodium*

Reprinted courtesy of the National Heart, Lung, and Blood Institute

Grilled chicken with green chile sauce

Try this grilled chicken with a spicy sauce on a warm summer night.

2 chicken breasts, boneless and skinless
⅓ cup olive oil
1 lime, juice only
⅓ tsp. oregano
¼ tsp. black pepper
2 Tbsp. water
5–6 tomatillos, husks removed, cut in half
¼ medium onion, quartered
1 clove garlic, finely chopped
1 jalapeno pepper
1 Tbsp. cilantro, chopped
⅓ tsp. salt
2 Tbsp. low-fat sour cream

Combine oil, half of lime juice, oregano and black pepper in shallow glass baking dish. Stir. Place chicken

in baking dish and turn to coat each side. Cover dish and refrigerate overnight. Turn chicken periodically to marinate on both sides. Put water, tomatillos and onion into saucepan. Bring to gentle boil and cook uncovered for 10 minutes or until tomatillos are tender. In blender, place cooked onion, tomatillos and any remaining water. Add garlic, jalapeno pepper, cilantro, salt and rest of lime juice. Blend until all ingredients are smooth. Place sauce in bowl and refrigerate. Place chicken breasts on hot grill and cook until done. Place chicken on serving platter. Spoon low-fat sour cream onto each breast. Pour sauce over sour cream.

Serves 2. *Per serving: 192 calories, 14 g carbohydrates, 29 g protein, 5 g fat, 71 mg cholesterol, 3 g fiber, 91 mg sodium*

Reprinted courtesy of the National Heart, Lung, and Blood Institute

Pocket fruit pie

This easy snack helps work fruit into a daily diet. Tortillas make great snack builders.

2 (8-inch) flour tortillas
1 medium peach, pear or apple
⅓ tsp. ground cinnamon
1 Tbsp. brown sugar
pinch ground nutmeg
1 Tbsp. milk
sugar (optional)

Preheat oven to 350° F. Warm tortillas in microwave or oven to make them easier to handle. Chop fruit into pieces. Place half of the fruit on half of each tortilla. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit. Roll up tortillas, starting at the end with the fruit. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired. Bake in oven for 8–12 minutes or until lightly brown. Serve warm or cool. Allow pie to cool slightly before serving.

Serves 2. *Per serving: 210 calories, 40 g carbohydrates, 4 g protein, 4 g fat, 0 mg cholesterol, 3 g fiber, 320 mg sodium*

Source: United States Department of Agriculture. Available for free download at recipefinder.nal.usda.gov/index.php?mode=display&rec_id=134.



FREE!

Redeem this coupon for a **free bottle of water or medium hot/cold beverage** at the Veterans Canteen Service food court at the Albany, Batavia, Bath, Buffalo, Canandaigua and Syracuse VA medical centers. Offer limited to veteran patients. Compliments of Veterans Canteen Service. **Expires 1-31-09.**

Chillin' out pasta salad

This quick-and-easy low-fat salad is a great dish for a picnic.

1¼ cups medium shell pasta
½ cup plain nonfat yogurt
1 Tbsp. spicy brown mustard
1 Tbsp. salt-free herb seasoning
¾ cup celery, chopped
½ cup green onion, chopped
½ lb. small shrimp, cooked
1½ cups tomatoes, coarsely chopped (about 1 large)

Cook pasta according to directions—but do not add salt to water. Drain and cool. In large bowl, stir together yogurt, mustard and herb seasoning. Add pasta, celery and green onion, and mix well. Chill for at least 2 hours. Just before serving, carefully stir in shrimp and tomatoes.

Serves 6. *Per serving: 140 calories, 19 g carbohydrates, 14 g protein, 60 mg cholesterol, 1g fiber, 135 mg sodium*

Reprinted courtesy of the National Heart, Lung, and Blood Institute

Reaching us is easy

www.visn2.va.gov

VA medical centers

Albany

113 Holland Avenue
Albany, NY 12208
(518) 626-5000
(800) 223-4810

Batavia

222 Richmond Avenue
Batavia, NY 14020
(585) 297-1000

Bath

76 Veterans Avenue
Bath, NY 14810
(607) 664-4000
(877) 845-3247

Buffalo

3495 Bailey Avenue
Buffalo, NY 14215
(716) 834-9200
(800) 532-8387

Canandaigua

400 Fort Hill Avenue
Canandaigua, NY 14424
(585) 394-2000
(800) 204-9917

Syracuse

800 Irving Avenue
Syracuse, NY 13210
(315) 425-4400
(800) 221-2883

Community-based outpatient clinics

Auburn

17 Lansing Street
Auburn, NY 13021
(315) 255-7002

Bainbridge

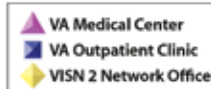
109 North Main Street
Bainbridge, NY 13733
(607) 967-8590

Binghamton

425 Robinson Street
Binghamton, NY 13901
(607) 772-9100

Carthage

3 Bridge Street
Carthage, NY 13619
(315) 493-4180



- For enrollment information, call 1-888-823-9656.
- For medical care and clinic appointments, call your local primary care doctor or your local VA medical center.
- For reliable health information on the Web, visit www.myhealth.va.gov.
- For VA National Suicide/Crisis Hotline, call 1-800-273-TALK (8255).

Schenectady

1322 Gerling Street
Sheridan Plaza
Schenectady, NY 12308
(518) 346-3334

Troy

Troy Primary Care Practice
295 River Street
Troy, NY 12180
(518) 274-7707

Warsaw

Wyoming County
Community Hospital
400 N. Main Street
Warsaw, NY 14569
(585) 297-1050

Wellsville

3458 Riverside Drive
Route 19
Wellsville, NY 14895
(877) 845-3247 (Bath)

Vet centers

Albany

17 Computer Drive West
Albany, NY 12205
(518) 626-5130

Buffalo

564 Franklin Street
Buffalo, NY 14202
(716) 882-0505

Rochester

1867 Mount Hope Avenue
Rochester, NY 14620
(585) 232-5040

Syracuse

716 E. Washington Street
Syracuse, NY 13210
(315) 478-7127

Watertown

210 Court Street
Watertown, NY 13601
(866) 610-0358

Catskill

Greene Medical Bldg.
159 Jefferson Heights
Catskill, NY 12414
(518) 943-7515

Clifton Park

1673 Route 9
Clifton Park, NY 12065
(518) 383-8506

Cortland

1129 Commons Avenue
Cortland, NY 13045
(607) 662-1517

Dunkirk

Valor Health Center
166 East Fourth Street
Dunkirk, NY 14048
(800) 310-5001

Elizabethtown

P.O. Box 277
Park Street
Elizabethtown, NY 12932
(518) 873-3295

Elmira

Health Services Bldg.
200 Madison Avenue Suite 2E
Elmira, NY 14901
(877) 845-3247 (Bath)

Fonda

Camp Mohawk Plaza
2623 State Highway 30A
Fonda, NY 12068
(518) 853-1247

Glens Falls

84 Broad Street
Glens Falls, NY 12801
(518) 798-6066

Ithaca

10 Arrowwood Drive
Ithaca, NY 14850
(607) 274-4680

Jamestown

The Resource Center
896 East Second Street
Jamestown, NY 14701
(716) 661-1447

Kingston

63 Hurley Avenue
Kingston, NY 12401
(845) 331-8322

Lackawanna

Our Lady of Victory
Family Care Center
227 Ridge Road
Lackawanna, NY 14218
(716) 822-5944

Lockport

5883 Snyder Drive
Lockport, NY 14094
(716) 438-3890

Malone

3372 State Route 11
Main Street
Malone, NY 12953
(518) 483-1529

Massena

1 Hospital Drive
Massena, NY 13662
(315) 769-4253

Niagara Falls

VA Outpatient Clinic
2201 Pine Avenue
Niagara Falls, NY
14301-2300
(800) 223-4810

Olean

465 North Union Street
Olean, NY 14760-2658
(716) 373-7709

Oswego

Seneca Hills Health
Services Center
105 County Route 45A
Oswego, NY 13126
(315) 343-0925

Plattsburgh

80 Sharon Avenue
Plattsburgh, NY 12901
(518) 561-6247

Rochester

465 Westfall Road
Rochester, NY 14620
(585) 463-2600

Rome

125 Brookley Road
Griffiss Park
Rome, NY 13441
(315) 334-7100

VETERANS'
Wellness

Network 2 Communications
465 Westfall Road
Rochester, NY 14620

PRSR STD
U.S. POSTAGE
PAID
LEBANON JUNCTION, KY
PERMIT 19